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Bangalore Mirror

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OFFICE SPACE

Bagalur, Kadugodi may turn into new office space hubs with expansion of metro lines

PAGE 2

DO OR DRY

Study shows grim reservoir reality, calls for immediate action to improve city's water management practices

PAGE 3

Halfway through monsoon, roads in many parts of city that have either been unpaved for long or were forgotten after being dug up have completely disintegrated leaving commuters struggling to get around

PLOD ON, DON'T LET ROADS BOG YOU DOWN

At each area, citizens have been complaining, cautioning, pleading for repairs

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While monsoon has brought much-needed respite from scorching heat, it has also exposed the sad state of Bengaluru's roads.

Not even halfway through the season, several stretches across the city have turned slushy, making navigation an absolute nightmare for residents and commuters. Muddy roads with water-filled craters have become slippery in many areas, posing a risk for pedestrians and two-wheelers.

An incomplete stormwater drain work by Bruhat Bengaluru Mahanagara Palike (BBMP) in AECS Layout has forced commuters to use a non-traversable stretch. Residents say the road is used by nearly 50

CONTINUED ON PAGE 4 »

"Heavy downpours over the last few days have made life miserable for the commuters as the road has turned into a slush fest - unmotorable and unwalkable

— Rachna Ravi Kiran, Kerekodi Main Road resident

No shelter, bus stop turns parking spot

Bus passengers have to wait in the middle of the road in Frazer Town area as nobody bothered to replace missing shelter

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Madhavaraya Mudaliar Road aka MM Road in Frazer Town is one the main roads that connects with neighbouring areas such as Jeevanahalli, Cox Town, Maruthi Seva Nagar, Banaswadi. Bengaluru Metropolitan Transport Corporation (BMTC) buses pass through the MM Road and many people wait at the designated place to board the bus.

The commuters, including school children, however, are facing a lot of problems due to lack of bus shelter. They have to take shelter at nearby shops whenever it rains.

Citizens said that there was a bus shelter here a decade ago but it was removed by some people. The residents complain that the authorities concerned did not bother to restore the missing bus shelter or construct a new one.

They said that they had already brought this issue to the notice of authorities but

CONTINUED ON PAGE 4 »

3 THINGS TO DO

01 Queer art

Explore 'Over & Over Again,' an exhibition by Aamir Rabbani and Dheeraj Kumar, artists from Muzaffarpur, Bihar. Living away from their conservative hometown in urban settings gave them the courage to be themselves and explore their identities and desires through paintings and collages. Their exposure to the representation of queerness in art history and media has given them the vocabulary to explore their visual languages independently. The journeys of these two artists have come together through the kinship of same-sex desire. **Where: 1Shanthi Road Gallery/Studio, Shanthi Nagar**
When: July 12 to July 14, 11 am to 6 pm

02 Devised play

et immersed in a play that has been devised by Ventures from a collection of stories from its members, elegantly stitched and scripted into one story of relationships that reveal themselves during the initial period of Covid-19. The play is presented in a collage format reflecting upon biases blended with humour, showcasing the nuances of relationships as 14 characters make the interactions intense and engaging.
Where: Bangalore International Centre, Domlur
When: July 12, 12:30 pm

03 Into the world of theatre

Watch plays with themes ranging from environmental conservation, joy of companionship, dismantling gender stereotypes, and nurturing empathy in conflicts at Ranga Shankara's 14th Edition of 'AHA! Theatre for Children Festival.' During this 7-day-long festival, watch performances by troupes from countries like South Korea (A Tree and a Boy), Germany (Spiel Im Spiel, Pinkoblu), Austria (The Rabbit and the Hedgehog), Sri Lanka (A Hat Seller's Tale), and Switzerland (Petitpas and Me), as well as a play from India (Crabby). **Where: Ranga Shankara, JP Nagar; When: July 13 to July 19**

City's office hub may be shifting beyond CBD

Long-term focus is on areas in close proximity to upcoming metro lines to emerge as office hubs: Report

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File photo of Namma Metro line at Whitefield near Kadugodi

The city's traditional office hub, the Central Business District (CBD), is set to witness a significant shift as the metro rail network expands. According to a new CBRE report, peripheral areas are poised to emerge as prominent office destinations. The city is undergoing a transformative infrastructure overhaul aimed at decongesting traffic, improving connectivity, and stimulating economic growth. At the heart of this ambitious plan is an expanded metro network, coupled with expressway development.

The report states Yelahanka and Bagalur in the north, Outer Ring Road and Marathalli in the southeast, and Whitefield in the east are currently witnessing robust office development. However, the long-term focus is shifting towards areas like Sarjapur Road, Varthur Road, Kadugodi, and Mysuru Road due to their proximity to upcoming metro lines. This decentralisation trend is likely to reshape Bengaluru's office landscape, offering employees a wider range of location choices and potentially easing traffic congestion in the CBD.

Significance of metro

The impending metro lines are expected to catalyse office growth in different parts of the city. The burgeoning metro system, with its purple, blue, yellow, and pink lines, is strategically designed to address chronic congestion hotspots like Electronic City, Silk Board Junction, and ORR. By providing efficient public transport options, the metro is expected to reduce travel times and encourage a shift from private to public transport. Furthermore, the upcoming airport metro line will significantly enhance connectivity between the city's commercial heartland on the ORR and the international airport, boosting development in the northern region around Hebbal and Bellary Road. To complement these metro projects, expressways like the Bengaluru Business Corridor (BBC) and Satellite Town Ring Road (STRR) are being constructed to create a seamless outer ring around the city.

"The combined impact of these infrastructure initiatives is expected to spur economic growth by opening up new areas for development, attracting investments, and creating jobs. As the city's transportation network becomes more efficient and accessible, it is poised to become an even more attractive destination for businesses and residents alike. Overall, Bengaluru is poised for significant expansion in the coming years, with its commercial and residential sectors spreading into the northern, eastern, and southern peripheries," according to CBRE India.

Thriving Bengaluru by 2030

Anshuman Magazine, Chairman & CEO of CBRE India, highlighted Karnataka's pivotal role in India's economic growth and praised the government's efforts to attract investments and create jobs. He stressed the potential for substantial commercial expansion in the city's outer reaches. Ram Chandnani, Managing Director of Advisory & Transactions Services at CBRE India, predicted a thriving Bengaluru by 2030, with robust growth across commercial, residential, retail, and industrial sectors. He also expressed optimism about the spillover benefits for nearby Tier-II cities in Karnataka, thanks to initiatives like the 'Beyond Bengaluru' programme.

Huge growth

"The city's office stock is projected to reach a staggering 330–340 million square feet by 2030, driven by robust absorption across key sectors like technology, engineering, manufacturing, and BFSI. The city has doubled its office stock since 2013, surpassing the 223 million square feet mark in June 2024. This rapid expansion is fueled by an average annual absorption of 15–16 million square feet, outpacing all other Indian cities," said the report, adding that a key factor driving Bengaluru's success is its emergence as a global capability centre (GCC) hub. The city accounts for a substantial 41 per cent share of India's GCC leasing market, attracting a diverse range of companies beyond the traditional technology and BFSI sectors.

However, the report states that to sustain its leadership, Bengaluru must continue to evolve its office landscape. The report stresses the need for premium, sustainable office spaces that prioritise employee well-being and experience. As the city expands, a focus on emerging sectors like life sciences, aviation, and automobiles will be crucial for future growth.

Suggestions to BM

Thank you readers, we have taken note and shall be trying our best to start off with a few of these wonderful ideas

I would like to suggest that BM start a fiction page where some of the famous writers of all languages can include old and new stories, not daily but on weekends. We have a treasure trove of literature by very good writers. Please notice my suggestion.
— Swati Ghodgaonkar

I would like BM to cover stories related to history, such as what happened on this day. Some interesting news or a TV telecast special episode and quizzes on the topics.
— Balaji M

I would like BM to consider these topics: Daily stories on how to groom kids into good citizens. Weekly stories on defence-person-related issues; corrupt person of the week; and bribery in government organisations, including police. Weekly welfare-related content on senior citizens, briefs on Bangalorean of the week, and best auto driver of the week.
— BM Reader

Pharmacy's whole-or-nothing policy turns hard pill to swallow

Drug Controller Office suspends shop's licence for 2 days for refusal to give man few tablets from strip

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There have been complaints against chemists and druggists for insisting that customers buy a full strip of tablets even though their requirement may be for four or six tablets. There was a proposal last year to make the druggists sell medicines in smaller quantities but some continue to insist that the entire strip of tablets be bought off them.

A similar incident took place on Cambridge Road near Halasuru in May this year. T Narasimha Murthy lodged a complaint against Trust Chemists & Druggists Pvt Ltd for unfair trade practices. Murthy had visited the medical shop to buy three tablets as he had only Rs 200. The entire strip consists of 14 tablets and is priced at Rs 874. "I told them that I did not have the funds to purchase the whole strip of tablets. I asked the person working at the medical shop to give me three tablets but he refused to give them to me and insisted that I get the entire strip," said Murthy.

He said that he lodged a complaint with the Drug Controller Office demanding an inquiry against unfair trade practices of that shop. "I did not have the money to buy the entire strip of tablets that cost Rs 874. Many people, especially those from poor families, do not have sufficient funds. I did not ask them to give the tablets free of cost. I wanted to pay money for the quantity of tablets I wanted to buy but the person working at the medical shop refused to oblige me," said Murthy.

Based on the complaint, Assistant Drug Controller Sanofer Jan AM conducted an inquiry and found some irregularities including not displaying the trade licence, not keeping receipts in order, not producing the receipts related to the sale of medicines on May 16, 2024. The Assistant Drug Controller has stated that the reply from the Trust Chemists & Druggists Pvt Ltd was not satisfactory.

> **"I did not have the money to buy the entire strip of tablets that cost ₹874. Many people do not have sufficient funds**
> –T Narasimha Murthy, complainant

The Assistant Drug Controller also suspended the licence of the pharmacy for two days (July 9 and 10) under the Rule 66 (1) of the Drugs and Cosmetics Rules, 1945.

Welcoming the decision of suspending the licence for two days, Sudha Katwa, an advocate, opined that medical shop owners have to sell medicines as per the requirement or capacity of the customers. "It is not fair to compel the patients from economically weaker families to buy the entire strip of tablets when the patient requires only a few tablets or is capable of buying only two to three tablets," said Katwa.

She said that suspending the licence for two days is, however, a small punishment. "The Drug Controller must monitor similar complaints across the state and take stringent action against those druggists and chemists who insist on buying the entire strip of tablets," she said.

ED raids at Valmiki Corporation office

The Enforcement Directorate (ED) raided the Valmiki Scheduled Tribe Development Corporation's office on Wednesday, uncovering financial irregularities. The raid resulted in the arrest of Harish, a close aide of former minister B Nagendra, for allegedly coercing officials during financial transactions at the corporation. Harish is accused of acting under Nagendra's direction, receiving substantial funds from Satyanarayan Varma of Hyderabad, and additional amounts from Padmanabha in mid-April. Padmanabha, an official at the corporation, confirmed delivering these funds to Harish, with one notable transaction occurring at Srinidhi Sagar Hotel near the BBMP office. The ED's probe has also raised suspicions of Hawala transactions and the involvement of gold biscuits, with the overall scam estimated to be worth between Rs 50 and 60 crore. — BMB

New laws: Minister assures changes

The Indian Association of Lawyers (IAL), All India Lawyers Association for Justice (AILAJ) and All India Lawyers Union (AILU) have submitted a memorandum to HK Patil, the Minister of Law, Parliamentary Affairs and Legislation, stressing on the immediate need to amend the newly introduced criminal laws in order to ensure and protect democratic and Constitutional rights.

The organisations have been expressing their strong protest against the three Criminal laws, Bharatiya Sakshya Sanhita, 2023, Bharatiya Nagarik Suraksha Sanhita, 2023 and Bharatiya Nyaya Sanhita, 2023, which were brought into force with effect from July 1.

They have noted that the three new laws were introduced in the Parliament without complying with and completing the required pre-legislative consultation process, and without giving stakeholders and the general public an opportunity of informed debate. — BMB

Dry city: Study calls for better water management

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A satellite-based study by researchers from Indian Space Research Organisation, Hyderabad, shows that the water spread area of Krishnarajasagar reservoir was 26% lower in August 2023 compared to August 2022.

Researchers also underlined that this area further reduced to 6,877 ha in November 2023, which was lower than in March 2022.

The study highlights that Bengaluru's current water scarcity situation calls for immediate action to improve water management practices and sustainable management. Satellite data-derived geospatial products can be used to make informed decisions and develop sustainable water management strategies for cities, including Bengaluru.

"Our study shows the usefulness of satellite data derived geospatial products that can provide early insights and signatures on reduced water availability, development of the scarcity through the season, and its periodic status. By leveraging these technologies, stakeholders can make informed decisions, implement targeted interventions, and develop sustainable water management strategies to address the water crisis and ensure the long-term water security of the cities," noted the researchers.

The analysis of the reservoir storage situation during 2022–23 and 2023–24 indicates that the storage in the reservoir from the field data was 0.15 BCM on March 27, 2024 when compared to 0.46 BCM on March 19, 2023.

Researchers also analysed the inflow pattern into the KRS reservoir from 2021 to 2023 and compared it with the long-term average. The inflow pattern for 2023 exhibited a notable decrease compared to the previous year and long-term average. Specifically, the number of inflow peaks and the reduced magnitude of peaks establishes reduced surface runoff in the region during the 2023 monsoon season.

Experts also recommend that a detailed assessment of Bengaluru's water resources must also consider groundwater characteristics and urbanization trends.

> **"Incorporating data early in season into water management practices can significantly mitigate future crises** –Study

"Unfortunately, data on these aspects are not readily available. Despite some limitations, incorporating data early in the season into water management practices, along with robust water conservation efforts, can significantly mitigate future water crises," stated the study published in the Journal of the Indian Society of Remote Sensing.

Namma metro gears up for green line expansion

BMRCL prepares to launch the 3.7 km Nagasandra to Madavara metro stretch, adding new stations and planning a 54.21 km extension to Tumakuru with 19 stations

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The extended Green Line, spanning 33 km, will significantly enhance connectivity for residents of Madanayakanahalli, Makali, and Nelamangala

Bengaluru Metro Rail Corporation Limited (BMRCL) is gearing up for the much-awaited launch of the 3.7 km Nagasandra to Madavara metro stretch on the Green Line. Following years of anticipation and delays due to land acquisition challenges and the COVID-19 pandemic, the line is expected to become operational in July or August. The upcoming trial runs will rigorously test the new section's signalling, electrification, train speed, and braking systems. Commercial operations will commence once the Commissioner of Metro Rail Safety (CMRS) grants clearance. This extension will include three new stations: Manjunath Nagar, Chikkabidarakallu, and Madavara (BIEC), each built at a cost of ₹298 crore. To enhance accessibility, BMRCL has also constructed a 3 km road connecting Anchepalya and nearby villages.

The extended Green Line, spanning 33 km, will significantly enhance connectivity for Madanayakanahalli, Makali, and Nelamangala residents, bringing them closer to the city and major destinations like the Bengaluru International Exhibition Centre (BIEC). With this expansion, Namma Metro's overall network will grow to approximately 77 km, providing a much-needed boost to public transportation in the city.

A senior Metro official said, "We had issues acquiring land near NICE road and also near Madavara Metro station as well. The majority of the work has been completed and the Metro may ply on extension soon subject to clearances."

Meanwhile, BMRCL has awarded a contract to conduct a pre-feasibility study for extending the Metro from Madavara to Tumakuru. This proposed 54.21 km stretch is expected to be elevated and may feature 19 stations, including Makali, Dasanapura, Nelamangala, Budihal, T Begur, Kuluvanahalli, Billanakote, Sompura Industrial Area, Dobbaspet, Chikkahalli, Hirehalli, Pandithanahalli, Kyathasandra, Tumakuru University, and Tumakuru Bus Stand. If constructed, this extension will become the city's longest Metro line, continuing the green line that currently runs between Anjanapura and Nagasandra.

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Uncleared debris

Brigade Road

Although the stones on Brigade Road have been repaired, the debris has not been cleared.

Cattle blockage

Sanjayanagara

On Kalpana Chawla Road in Bhoopasandra, Sanjayanagara, cattle block the road daily in the morning and evening, causing inconvenience with no action taken by authorities.

All roads are reaching dead end

CONTINUED FROM PAGE 1

school buses apart from other motorists and pedestrians. However, it has been left unpaved for nearly six months; they brought it to the notice of authorities concerned on multiple occasions. "A big accident was averted on Tuesday morning when a school bus got stuck in a sunken metal grate on the unpaved road. The stretch was dug up by BBMP more than a year ago for construction of Rajakaluve. While work was completed on nearly 300 metres of the stretch, a small portion never got tarred, leading to muddy pathway," Said Indira Belde, a resident of AECS Layout near Brookfield.

Commuters on Thubarahalli Extended Road in AECS layout also highlighted risky stretches in the area. "Hell-like situation for thousands of families on Thubarahalli Extended Road. Drainage water up to three feet high is engulfing around 300 meters of the road. This filthy water has been stagnating since last week. Dengue will kill us," posted a social media user.

Come undone

Kerekodi Main Road in Bengaluru West is another slushy nightmare. A well-tarred road up until December 2022, the one-km-long stretch was dug up by BBMP citing road widening. Locals say it never got restored.

"Even during pre-monsoon showers, the road was in a dangerous condition. Heavy downpours over the last few days have made

life miserable for the commuters as the road has turned into a slush fest - unmotorable and unwalkable. Now an unpaved road, it also has potholes that get filled with water posing a risk to commuters. Uncountable complaints have been raised by citizen groups from the area, but to no avail," said Rachna Ravi Kiran, a resident of the area.

Commuters using Bannerghatta Road in South Bengaluru are also navigating back-breaking stretches, mainly due to ongoing metro construction. According to a resident of BTM II stage, the construction of the Pink Line has led to a battered stretch near Jayadeva Hospital. "My bus rides to work every morning are tiring due to this broken stretch. It also leads to slow-moving traffic and thus long commuting hours. The stretch poses a high risk for bikers and other two-wheelers as there are big potholes that get filled with water after rain. On days without rain, it becomes a health concern as suspended dust particles lead to scratchy and painful eyes," said Chiku, a resident of BTM II stage. Most of the roads inside MS Ramaiah North East County in Avalahalli, Bengaluru North, are untarred too. Laced with big potholes that get filled with water, residents' commute is dangerous after every downpour. The roads are not leveled and thus during rainy seasons, pits are filled with rainwater. Despite writing to authorities no steps were taken to date.

"Most of the roads inside BDA approved MS Ramaiah North East County and BEL layouts are unpaved. BDA has not carried out any maintenance work over the last 10 years. This is dangerous," said Rama-chandra, president of MS Ramaiah North East County Residents Association. While citizens across the city are struggling to navigate slippery and muddy stretches, the situation at a school for special children located in Bileshivale warrants special attention.

Bubbles Center for Autism with its 50 children has not been able to get a paved road in 14 years of its existence despite school authorities knocking on several doors over the last decade. "Nearly 250 metres of the stretch in front of the school is dangerously slushy. Two-wheelers skid many times. Our teachers, parents, and students have slipped and fallen on multiple occasions," said Sarbani Mallick, Bubbles Centre for Autism.

Replace bus shelter ASAP

CONTINUED FROM PAGE 1

nothing has been done to fix this problem. "A bus shelter is a basic necessity for any locality that has a transport facility. There was a bus shelter more than a decade ago but it disappeared and no one has bothered about it. Now some motorists also park their vehicles at the bus stop, compelling the passengers to stand in the middle of the road and buses too have to halt here to facilitate the commuters to board it, resulting in traffic jams," said Dr Ahmed A Khan, MD of Health Tree.

Habiba Subhan, organising secretary of Fraser Town Resident Welfare Association, said that bus shelters have been disappearing from Frazer Town. "Good bus shelters are the basic need of any residential area. The authorities have to provide a bus shelter," said Subhan.

Mohammed Afzal, a resident, said the space meant for the bus shelter has become a parking lot. "With the space meant for waiting for buses becoming a parking lot, passengers have to wait for buses in the middle of the road thus making them vulnerable to accidents. There was a bus shelter and it was in a good condition. I am not aware why it was removed and who did that," said Afzal.

When contacted, the Bruhat Bengaluru Mahanagara Palike (BBMP) Traffic Engineering Cell engineer said that they have to receive a proposal from the BMTC authorities. The BMTC Chief Traffic Manager (Operations) told BM that he would send a proposal to the BBMP Traffic Engineering Cell as soon as he receives a request from the residents on MM Road. "If the residents send me the location and a letter for the bus shelter, I will forward the proposal to the BBMP Traffic Engineering Cell immediately," the BMTC Chief Traffic Manager (Operations) said.

Police will crack down on gambling, you can bet on it

Officials register 179 cases of various illegal activities, over 30 cases related to gambling and 12 cases of betting

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Police registered a total of 179 cases involving various illegal activities in June, of which 32 cases were that of gambling. Apart from this, two cases of Matka (a form of gambling), four cases of cricket betting, and 12 cases of other forms of betting. Additionally, there were 16 cases under the Prohibition of Immoral Trafficking Act and nine cases under the Arms Act. The police also recorded two cases of illicit liquor/excise violations, two cases under the Banning of Unregulated Deposit Schemes Act, and three cases under the Essential Commodities Act. There were 18 cases of copyright infringement and 32 cases under the Narcotic Drugs and Psychotropic Substances (NDPS) Act. Finally, 46 cases were registered under the Cigarettes and Other Tobacco Products Act (COTPA).

Additionally, the police arrested 324 individuals for various illegal activities. The highest number of arrests was for gambling, with 159 people detained, according to Bengaluru Police Commissioner B. Dayananda.

Moreover, in an operation by the Economic Crime wing of the Central Crime Branch (CCB), Bengaluru police raided a warehouse involved in the illegal import and sale of foreign chocolates, biscuits, and other food items. These items, fraudulently labelled with counterfeit FSSAI (Food Safety & Standards Authority of India) stickers, were being sold at exorbitant prices in malls and supermarkets across the city. The operation resulted in the arrest of an individual and the seizure of imported goods worth ₹1 crore.

In a separate incident, a female swimming coach and her accomplice were arrested for their involvement in a gold ornament theft at a swimming pool complex in Thalaghattapura. The officers successfully recovered 46 grams of gold ornaments valued at 3,00,000 from the accused.

Bengaluru's CCB raided a warehouse selling foreign chocolates and biscuits with fake FSSAI labels. Goods worth Rs.1 crore were seized

The police caught two suspects connected to temple theft, they recovered 5 stolen two-wheelers and gold ornaments worth 3,00,000.

BM Health

Advertorial Promotional Feature

Rise in prehypertension among teenagers

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Earlier, it was believed that hypertension cases were found mostly in ageing adults. However, doctors are now seeing a worrying trend of hypertension and pre-hypertension cases even among teens. Health experts say that this worrying trend is visible due to an unhealthy lifestyle.

A nutritionist told the Mirror that prehypertension signals a risk for developing chronic high blood pressure (hypertension), increasing the likelihood of heart attack, stroke, and other severe heart issues. "If detected and treated early, prehypertension can be reversed. Several lifestyle adjustments can help address prehypertension. Those include maintaining a healthy weight, introducing regular exercise into your daily routine and ensuring a nutritious diet. There is no medical treatment for prehypertension as it's mostly a warning sign that you are at risk of developing high blood pressure which can cause many health issues. However, the great news is that the risk of developing high blood pressure can be reduced by making lifestyle changes", he added.

An internal medicine specialist added that according to the World Health Organisation, about 1.28 billion adults aged 30–79 globally have hypertension, with the majority in low- and middle-income countries. Hypertension, often termed the "silent killer," is a leading cause of various heart-related diseases. Irrespective of gender, hypertension can be diagnosed among anyone above the age group of 20 years. Factors like sedentary lifestyle, smoking, alcohol, obesity, and unhealthy eating habits contribute to hypertension, with stress as a major factor. Though there are no obvious symptoms, it is recommended to keep a close watch on the signs like severe headache, blurred vision, breathlessness, and fatigue. It is recommended to monitor the blood pressure regularly as if left untreated; this may lead to various cardiovascular and cerebrovascular diseases. As per the latest study, extensive mobile phone usage

Hypertension, the "silent killer"causes heart disease in anyone over 20 years

exceeding 30 minutes a day may lead to stress and hypertension, thus it is advisable to reduce mobile phone usage and avoid long-time calls.

Hypertension during pregnancy can be alarming and might lead to further complications. It is recommended to monitor at regular intervals and keep the stress levels to a minimum.

The ideal treatment for hypertension is lifestyle modification, it is recommended to have healthy eating habits, maintain an ideal weight, decrease salt intake (not exceeding 5 gm/day) ,engage in at least 30 minutes of exercise a day and ensure you have a minimum of 8 hours of good sleep. It is advisable to get health checkups on an annual basis. A health expert said that there was increasing evidence suggesting that small increases in plasma sodium may have a direct effect on Blood Pressure, independent of extracellular volume. "A high salt diet disrupts the natural sodium balance in the body. This causes fluid retention which increases the pressure exerted by the blood against blood vessel walls. Several other factors also increase BP, one of which is added sugars. High intake of added sugars increases obesity, leading to elevated blood pressure (BP). Fructose raises uric acid levels, inhibiting nitric oxide production crucial for blood vessel flexibility. Low nitric oxide levels contribute to hypertension. Both salt and sugar impact BP, with salt having stronger evidence as a major contributor to elevated BP in various studies," expert added.

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Bengaluru's new airport quest: Where will it land?

With several locations shortlisted, second airport proposal sparks local contender competition

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The state government is considering various locations for the proposed second airport in Bengaluru. Highlighting the easy accessibility to the Ramanagara-Dabaspet state route as well as the Bengaluru-Mangaluru national highway, local leaders are vying to have the airport constructed in their jurisdictions, with the latest contender being between the taluks of Magadi and Nelamangala.

MB Patil, Minister for Infrastructure, confirmed on Wednesday that the construction of a second airport for Bengaluru is certain. He noted that a land parcel of about 4,500–5,000 acres would be required for the proposed airport, with a high-level committee set to make the final decision, considering various factors.

Magadi MLA HC Balakrishna pointed out that an airport in this region would benefit several districts, including Tumakuru, Ramanagara, Mandya, and Hassan, by enhancing connectivity and infrastructure. Meanwhile, Home Minister G Parameshwara is advocating for the acquisition of 8,000 acres in Tumakuru district. Simultaneously, officials are conducting feasibility surveys in Magadi taluk, the Soluru, and Dabaspet areas.

"Currently, Kempegowda International Airport (KIA), the third busiest airport in the country after Mumbai and Delhi, has an annual capacity to handle 52 million passengers and 0.71 million metric tonnes of cargo. Further expansions could optimise these figures to 110 and 1.10, respectively. The airport is expected to reach its peak handling capacity by 2035, both in terms of passengers and cargo. Thereafter, there will be no scope for further building runways, as it already has two," explained Patil. Commenting on the Tamil Nadu government's decision to build an airport at Hosur following Karnataka's initiation of talks for a second airport for Bengaluru, Patil opined that their decision would not affect Karnataka.

PIC FOR REPRESENTATION PURPOSES ONLY

The new airport aims to reduce the burden on KIA

Proximity & other challenges

However, sources said that operating two airports in close proximity can lead to increased air traffic congestion, potentially causing delays and safety concerns, and might cause interference between their radar and navigation systems, leading to technical difficulties. Managing ground traffic and ensuring efficient connectivity between them could also pose logistical difficulties. Overlapping flight paths could result in conflicts and heightened safety risks. Additionally, the new airport could exacerbate noise and air pollution and raise other environmental issues. Given these considerations, the authorities are meticulously evaluating suitable locations for the new airport to minimise potential risks and challenges.

"According to norms, before deciding on the airport's location, we need to consider ecological and connectivity factors. The aspects of passenger load and facilitating industrial growth also need to be deliberated," Patil elaborated. He stated that the government now has a few options for probable sites, such as Kanakapura Road, Mysuru Road, Magadi, Doddaballapura, Dabaspet, and Tumakuru. "The exclusivity clause with Bangalore International Airport Limited, which restricts building another airport within a 150 km radius, terminates in 2033. If we begin the process now, we can have the second airport ready by then. Cities like Mumbai and Delhi have their second airports at a distance of 35–40 km, and we will consider this as well. Overall, the decision will be taken to facilitate growth and improve the livability of Bengaluru," the minister added.

> **"Tamil Nadu govt's decision to build an airport at Hosur will not affect K'taka's decision to build second airport in Bengaluru**
> – MB Patil, Minister for Infrastructure

The proposed new airport will cover approximately 2,000 acres and feature two runways, along with all necessary infrastructure, including a terminal building, apron, taxiway, parking bays, and a cargo handling facility to accommodate cargo flights. The airport authority has shortlisted several locations in the Bengaluru Rural and Ramanagara districts and has begun surveying land by negotiating with local farmers and landowners. Expected to take around three years to complete and costing approximately Rs 2,000 crore, the new airport aims to reduce the burden on KIA.

Water supply to commence soon

Under the Pavagada Multi-Village Water Supply Programme organised by the Rural Development and Panchayat Raj Department's Rural Water Supply Division, water supply to 1,138 villages and two towns within the Ballari, Chitradurga, and Tumakuru districts will soon commence, fulfilling the long-standing dream of the people in this region.

Rural Development, Panchayat Raj, and Information Technology Minister Priyank Kharge observed the ongoing works in Pavagada and Kwadigunte in Tumakuru district. He said that the multi-village water supply scheme would use Tungabhadra backwaters to provide water to 17.21 lakh people. The villages benefiting from this scheme include 14 rural settlements in Chilkannahatti; 215 rural settlements in Kudligi taluk of Ballari district; 132 rural settlements in Molakalmuru town; 360 rural settlements in Challakere taluk of Chitradurga district; 58 rural settlements in Turavanur taluk of Chitradurga district; and 357 rural settlements in Pavagada town and taluk.

Kharge mentioned that the water supply projects in Chilkannahatti, Kudligi, Molakalmuru, Challakere, Turavanur, and Pavagada are 95 per cent complete, with pipeline installation work finished and electricity approvals secured. The project aims to provide 85 litres of water per person per day in rural areas and 135 litres per person per day in urban areas. **–BMB**

Suo motu action over dengue spread

On Wednesday, the High Court of Karnataka took up suo motu cognisance over the issue of dengue spreading across the state. The court has taken up a public interest litigation (PIL) based on a letter written by a citizen to the editor of an English daily and the consistent reportage of dengue spreading.

Published on July 9, Vijaya Kumar HK of Raichur, in his letter, demanded the state government declare the dengue outbreak a medical emergency. He further suggested necessary measures to be taken to keep the disease under control and alleged that the situation was worsening by the day due to inadequate measures being put in place by the health department.

A division bench of Chief Justice NV Anjaria and Justice KV Aravind has now directed the state government to provide details with regard to the preventative and remedial measures taken to control the spread, medical access to those affected, both in rural and urban areas, and the medical infrastructure available to ensure the management of the outbreak. The court quoted several newspaper articles in its order along with the letter written by Kumar. **–BMB**

K'taka initiates action plan to tackle slithering menace

Iffath Fathima
iffath.fathima@timesofindia.com
TWEETS @BangaloreMirror

Aiming to reduce snake bite cases and deaths, aligning with global targets to halve deaths and disabilities caused by snakebites by 2030, the Department of Health and Family Welfare, in collaboration with the Government of Karnataka, has launched a workshop to develop the State Action Plan for Prevention and Control of Snake Bite Envenoming (SAPSE).

Snakebite envenoming is a significant public health issue, causing considerable suffering, disability, and death worldwide. Despite this, it remains an underestimated threat. Effective prevention and control require a coordinated effort involving all stakeholders using a One Health approach.

Globally, there are around 2,000 species of snakes, with 310 species found in India alone. Of these, 66 are venomous and pose serious threats to human health. The "Big Four" venomous species in India include the Indian Cobra, Common Krait, Russell's Viper, and the Saw-scaled Viper. Karnataka is also home to region-specific venomous snakes such as the King Cobra, the Malabar Pit Viper, and the Humpnosed Pit Viper.

In 2023–24, Karnataka initiated the Snake Bite Prevention and Control Programme (SBPC) across all districts under the National Health Mission. Following its launch, several key initiatives have been undertaken. On February 12, snakebite cases and deaths in Karnataka were declared a 'notifiable disease.' This ensures mandatory reporting of every case for better monitoring and management. 5,418 cases and 36 snakebite deaths were reported in 2024. All district and taluk hospitals, along with selected community health centres, were identified as snakebite treatment centres. Anti-Snake Venom has been listed under the Essential Drug List and is available at all primary health care units and higher government health facilities. Treatment for all snakebite victims is provided free of charge at government health facilities and under the AB-ArK scheme for all BPL cardholders. A 24/7 ambulance service can be accessed too. Medical audits are conducted to improve treatment protocols and outcomes. Additionally, state and district-level training sessions have been conducted for medical and paramedical staff to enhance their skills in managing snake bite cases.

The initiatives showcase a comprehensive approach by Karnataka to mitigate the impact of snake bites through prevention, timely treatment, and continuous monitoring.

HEALTH TIP: Decreasing consumption of saturated fats can reduce low-density lipoprotein (LDL) cholesterol (bad cholesterol)

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MIND STYLE

Research shows small lifestyle tweaks linked to differences in teen mental health

Judging by recent headlines and policy ideas, you might think screen time is the only lifestyle behaviour influencing teen wellbeing.

But with young people struggling to deal with mounting mental health issues, it's crucial we don't get tunnel vision and instead remember all the lifestyle levers that can play a role.

Our research, published today, tracked Australian high school students from 71 schools across New South Wales, Queensland and Western Australia. Over time, improvements in sleep, fruit and vegetable intake, and exercise were associated with small but significant improvements in mental health.

The reverse was also true when it came to unhealthy behaviours like screen time, junk food, alcohol use and tobacco.

A comprehensive look at adolescent lifestyles

Our new study of more than 4,400 Australian high school students looks at a suite of lifestyle behaviours: sleep, moderate-to-vigorous physical activity, sedentary (inactive) recreational screen time, fruit and vegetable intake, consumption of junk food and sugary drinks, alcohol use and smoking.

Firstly, we asked year 7 (students aged 12–13) to report their levels of these lifestyle behaviours and to rate their psychological distress (a general indicator of mental ill-health) using a well-known measurement scale.

Then we examined how changes in each of the lifestyle behaviours between year 7 and year 10 (age 15–16) were linked to psychological distress levels in year 10. Importantly, we accounted for the level of psychological distress participants reported in year 7, as well as their lifestyle behaviours in year 7. This means we can see the average benefits associated with behaviour change, no matter where people started out.

Our research showed increases over time in healthy behaviours were associated with lower psychological distress. Conversely, increases in health risk behaviours were associated with higher psychological distress.

How much makes a difference?

On average, when looking at the change between year 7 and 10, every one-hour increase in sleep per night was linked to a 9% reduction in psychological distress.

Each added day of 60 minutes of moderate-to-vigorous physical activity per week was linked to a 3% reduction in psychological distress. Each added daily serve of fruit or vegetables was linked to 4% lower psychological distress.

By contrast, each added hour of screen time was linked to a 2% increase in psychological distress, as was each unit increase in junk food or sugary drinks.

Because drinking alcohol and smoking are less common in early adolescence, we only looked at whether they had or hadn't drank alcohol or smoked in the past six months. We saw that switching from not drinking in year 7 to drinking in year 10 was associated with a 17% increase in psychological distress. Switching from not smoking to smoking was linked to a 36% increase in psychological distress.

It's important to note our study can't definitively say lifestyle behaviour change caused the change in distress. The study also can't account for changes in a student's circumstances such as in their home life or relationships. With the baseline survey done in 2019 and the year 10 survey done in 2022, there was also the potential impact of COVID.

But our longitudinal design (tracking the same subjects over an extended period) and the way we structured the analysis does help illustrate the relationship over time.

Our study didn't measure vaping, but evidence shows that, like smoking, it has clear links with adolescent mental health.

What does this mean for teens and parents? National guidelines for these behaviours set out aspirational targets based on optimum health goals. But movement guidelines and dietary guidelines might seem out of reach for many teens. Indeed, most participants in our study were not meeting guidelines for physical activity, sleep, screen time, and vegetable consumption in year 10.

What our research shows is that a healthy lifestyle change doesn't have to be all or nothing.

Even relatively small changes – getting an extra hour of sleep each night, eating one extra serve of fruit or vegetables each day, cutting out one hour of screen time, or adding an extra day of moderate-to-vigorous physical activity per week – are linked to improvements in mental health. And stacking changes in multiple areas is likely to stand you in even better stead.

Parents can play a major role in shaping lifestyle behaviours (even into the teenage years!). Expense and time can be barriers, but anything parents can do within their means is a step in the right direction.

For example, modelling healthy social media use, making affordable changes to your grocery shop to improve nutritional content, or even introducing set bedtimes. And parents can gather information so young people can make positive choices around alcohol, tobacco and other substance use including vaping.

The bigger picture

Lifestyle changes can support better adolescent mental health, but they're only one piece of the puzzle. We can't place the burden of addressing the youth mental health crisis solely on teen lifestyles. There is plenty to be done at a school, community, and policy level to create a society that supports youth mental health.

Young people who are struggling with their mental health may need professional support, which parents and carers can support them to access.

By Scarlett Smout, Katrina Champion and Lauren Gardner, University of Sydney, The Conversation

All you need to know about...

HIIT for elders

Boosts brain function

High-Intensity Interval Training (HIIT) like cycling, push-ups, burpees, squats, and lunges may not just delay cognitive decline in the elderly but also boost brain function that can last for years, according to a study on Wednesday.

The study by the University of Queensland in Australia found that six months of high-intensity interval training can boost important brain functions such as hippocampal-based learning and memory in older adults for up to five years.

Exercise sessions

In the study, 151 participants aged 65-85 with no cognitive deficits were randomly assigned to one of three exercise interventions (low (LIT) - - predominantly motor function, balance, and stretching; medium (MIT) -- brisk walking on a treadmill; and HIIT -- four cycles running on a treadmill at near maximum exertion.

Improvement lasts for years

The results, published in Aging and Disease, showed that only the HIIT exercise led to cognitive improvement retained for up to 5 years. High-resolution MRI scans showed that only the HIIT exercise group had structural and connectivity changes in the hippocampus -- the area responsible for learning and memory.

Cognitively healthy

Researcher Dr. Daniel Blackmore, from the varsity's Queensland Brain Institute, said they also displayed "blood biomarkers that changed in correlation to improvements in cognition."

With 1 in 3 people aged 85 years likely to develop dementia, he noted that the impact of the research was far-reaching. "Keeping people cognitively healthier for longer with a simple intervention like exercise, we can potentially save our community from the enormous personal, economic and social costs," said Professor Perry Bartlett.

—IANS

SC issues notice on K'taka SIT's plea to cancel Bhavani Revanna's bail in kidnap case

The Supreme Court on Wednesday issued a notice on a plea moved by the Karnataka SIT seeking cancellation of anticipatory bail granted to Bhavani Revanna, mother of Prajwal Revanna, the suspended JD(S) MP and prime accused in the sex video case.

After much persuasion, a Bench presided over by Justice Surya Kant agreed to examine the Special Leave Petition and sought a response in the matter from Bhavani Revanna, daughter-in-law of former Prime Minister Deve Gowda.

The Bench, also comprising Justice Ujjal Bhuyan, questioned senior advocate Kapil Sibal, representing the SIT, about the role attributed to Prajwal Revanna's mother.

In response, senior advocate Sibal said that the victim in her statement recorded under Section 164 of Code of Criminal Procedure (CrPC) described the role of Bhavani Revanna in abducting her. **IANS**

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I, NEISH GOSALIA S/o Nalin Hiralal Gosalia, R/at Salarpuria Cambridge Residency, Apt 312, 1st Cross Road, Somesh warapura, Ulsoor, Cambridge Layout, Bangalore-560008 have changed my name to NEISH NALIN GOSALIA, vide affidavit dt: 09.07.2024 before notary Arvind Patil, Bangalore

I, Rupal Piyush Jain w/o Piyush Mahendra Jain R/a at 1/4-1, Deewan Madhavarao Road, Basavanagudi, Bangalore-560004. I have changed my name to Rupal Jain Vide Affidavit Dated on 10/07/2024 Sworn Before Notary V Rangaramu Bangalore .

I Joseph Christo pher Kantharaj S/o Joseph Anthony R/o No, 33, 1st Floor Angel Illam, 3rd A cross, Christu Krupa School, Kariyanapalya, Lingarajapuram, Bangalure Karnataka 560084 have changed my name to Christopher Kanthraj

I Sada Krishna Reddy Venkatesh S/O, S Krishna Reddy R/o 150/31a, 22nd Main, 8th Cross, Hsr Layout, Sector 1 Bangalore 560102 have changed my name to Sada Krishna Venkatesh .

I, M Shankar R/o No.780, 2nd floor, 2nd C cross, 8th Block, Koramangala, Bengaluru 560095 have changed my minor son name from DALLIN to S DALLIN (Shankar Dallin) Affidavit Dt.10/07/2024 notary Harisha G, B'luru

I, JC-332630M SUB Ganesha.G, Aged 49 Years C/o CWE (Army) Bangalore, Bangalore -42 my wife's name has changed in records INDRANI to INDRANI GANESH vide affidavit dated 08 July 2024 before Notary O.S. Prasad Shetty.K.B, Bangalore

I, M Shankar R/o No.780, 2nd floor, 2nd C cross, 8th Block, Koramangala, Bengaluru 560095 have changed my minor son name from DANISH to S DANISH (Shankar Danish) Affidavit Dt.10/07/2024 notary Harisha G, B'luru

I, Irfan Ahmed Babu S/O, Baba Jan R/o No 58/176 Aj Residency B2 8th Cross 2nd Block Near Usmania Masjid Yaseen Nagar Hbr Layout Banaswadi Bangalore 560043 have changed my name to Irfan Ahmed for all purposes.

I Pooja Kogodu D/o K C Ramesh No.30, 7th Cross, Central exercise Lyt, RMV 2nd stage, Bengaluru 560094 have changed my name to Pooja Kogodu Ramesh Affidavit Dt.10/07/2024 notary Harisha G, B'luru

I, Ibrahim Imthiaz R/o # Ozone Evergreens Apartment, H704, Harlur Road (Off Sarjapur Road) Bangalore-560102 have changed the name of my Minor son from Mohamed Naveed Ibrahim Imthiaz to Mohamed Naveed

I Sunil Vimal Chand S/O, Vimal Chand K Jain R/o #oc-1506 No 1-1/1 Shapoorji Pallonji Parkwest Hosakere Road Binnifields Magadi Road Bengaluru -560023 have changed my name to Sunil Vimal Jain.

I Nagaratna.D W/o B. Mahabaleshwarappa R/@ #32, 1st Main, 3rd Cross, Hesarag - atta Main Rd, Doddabyalakere, Shivakote, B'luru-560089 have changed my name to D.Nagarathna for all purposes.

I Azharuddin Gulam Jamaluddin S/O, Jamaaluddin R/o No 300, Yallamma Temple Street, Govindpura Ac Post, Bengaluru 560045.karnataka, In. have changed my name to Azharuddin.

I Santosh S/O, Subhash R/o #160 K No 66 2 K Channasandra Bengaluru 560043 have changed my name to Santosh Subhash .

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I Ashwin kumar K R/a at NO 441, Manjukrupa, 1st main, 1st cross, Anandagiri Extension, Hebbal, Bangalore North-560024 I lost my orginal saledeed document DO No 1385/2012-13,dated 22/08/2012 stored in CD NO SAKD49 Sakaleshpur Subrigister office. Dated on 08/07/24 While travelling hebbala to Basavanagudi I have been lodged police complaint Acknowledgement No 1138705/2024. If anyone find this Document Please return to nearby police station or contact us through this number 9743937071

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 # Possession remake
Robert Pattinson to produce and possibly star in Paramount's remake of Polish horror classic 'Possession'

'Surreal and special'

Actor Sidharth Malhotra shared pictures on Wednesday with his "partner in crime" Kiara Advani as they attended the quarterfinals at Wimbledon 2024 in London, describing the experience as surreal and special.

Sidharth took to Instagram to share a panoply of pictures featuring him and his wife, both looking effortlessly stylish.

One selfie shows the actor with Wimbledon's Centre Court in the background.

The last image captures the actor enjoying some delicacies during high tea.

"A day to remember! Witnessed great tennis and sportsmanship at Wimbledon 2024 with my partner in crime Kiara Advani. Watching Wimbledon's energy live from centre court was surreal and special," he wrote in the caption.

Sidharth and Kiara started dating in 2020, though they never confirmed or denied the rumours. Three years into their relationship, in 2023, they got married in Jaisalmer, Rajasthan.

Talking about Sidharth's work, the actor, who made his debut in 2012 with Karan Johar's blockbuster 'Student of the Year' was last seen in the action thriller 'Yodha' directed by Sagar Ambre and Pushkar Ojha. The film also stars Raashii Khanna and Disha Patani.

Kiara, will next be seen along with Ram Charan in 'Game Changer' by S Shankar. She also has 'War 2' with Hrithik Roshan.

—IANS

NATURALLY RELAXED

Deepika Padukone reveals how spending time outdoors is therapeutic to her

Actress and soon-to-be mother Deepika Padukone shared that she posts pictures of the sky, flowers, or the ocean because she finds spending time outdoors and in nature relaxing and therapeutic. Deepika took to Instagram and shared a photo of the bright blue sky and flowers. The actress wrote: "It's Self-Care Month! But why celebrate 'Self-Care Month' when you can practice simple acts of Self-Care every day? I know a lot of you often look at my feed and go 'Here we go again! Another picture of the Sky...or Flowers...or the Ocean!'

"But the truth is that I find spending time outdoors and in nature truly relaxing and therapeutic. However, for most of us, finding those spaces may not be the most convenient, accessible, or may not even exist!"

The actress explained that's why, whenever she gets the opportunity, she tries to make the most of it. "It's where I don't just survive, I thrive! Whenever that it isn't possible, though, I resort to what I believe is the next best. I take a few moments and step away. Between shots, between meetings to a place that feels completely different from the space I spend most of my time in. It's something my father taught me."

Deepika, who is married to Bollywood's livewire star Ranveer Singh, urged others to make "self-care a daily practice." "Stepping away allows me to pause, breathe, and realign...myself and my thoughts. P.S. For those of you who smoke,those breaks don't count! Join me in making self-care a daily practice."

On the work front, Deepika will next be seen in Rohit Shetty's 'Singham Again', alongside Ajay Devgn, Ranveer Singh and others.

—ETimes

Trained to be super agent

Actress Alia Bhatt has commenced shooting for the spy universe film 'Alpha' after undergoing a rigorous four-month training regimen to portray a super agent.

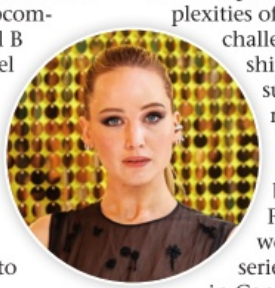
A picture of the actress is doing the rounds on social media, where Alia is seen making her way to the sets. Alia is dressed in a white shirt and blue pants, accompanied by an entourage holding an umbrella with her name printed on it.

A source told IANS: The film presents herself in a never-before-seen avatar. She has trained for about four months to prepare herself to play a super agent." The source further revealed that the actress has several high-octane action sequences in the film. "She has five to six major action sequences in the film, and she needs to be at her fittest. She has pushed her body to a breaking point because she has to look ruthless on screen," the source said. The Spy Universe film was officially titled on July 5 and also stars actress Sharvari. A video shared during the title unveiling featured Alia saying, "Greek alphabet ka sabse pehla akshar Aur humare program ka motive, sabse pehle, sabse tez, sabse veer. Dhyaan se dekho toh har sheher mein ek jungle hai. Aur jungle mein hamesha Raj karega Alpha."

—IANS

Producer and star

Actor Jennifer Lawrence is set to expand her creative footprint with A24, as the acclaimed studio announced her involvement in the upcoming adaptation of Paul B Rainey's graphic novel 'Why Don't You Love Me?'



Lawrence will not only star in the film but also take on the producer's role, according to Deadline.

The announcement marks A24's latest collaboration with Lawrence, following their joint venture on projects like 'The Wives,' a Real Housewives-inspired murder mystery co-produced by Apple Studios.

'Why Don't You Love Me?' is based on Rainey's 2023 graphic novel, which explores the comedic complexities of a couple navigating the challenges of their relationship while grappling with surreal elements in their reality.

According to Deadline, the adaptation will be penned by Robert Funke, known for his work on the dark comedy series 'On Becoming a God in Central Florida.'

Producers on the film include Lawrence and Justine Ciarrocchi for Excellent Cadaver, alongside Ari Aster, Lars Knudsen, and Emily Hildner for Square Peg, in collaboration with A24.

—ANI

SANDALWOOD SHOTS
Y MAHESWARA REDDY

God's house

Movies based on Coastal Karnataka are made and some have become huge hits. Now Kannanjaru is joining the list of movies based on culture of Coastal Karnataka. Kannanjaru is about a God's house at Kannanjaru village near Karkala in Udupi. R Balachandra, who bankrolled Mahaanubhaavaru, plays the lead, apart from directing and bankrolling the film.

"Though the movie is made in a Coastal Karnataka backdrop, it is not about Kambala or Buta Kola. It is about a house that is kept open round the clock. No one dares to enter the house without removing their footwear. No shooting was held at that house so far, but we got permission to shoot," said Balachandra. The movie's teaser was released recently and it has received good response. "The teaser of the movie got 12 lakh views within four days," he said.

The movie was shot in 60 days in Karkala, Udupi and other locations. "I came to Sandalwood with a dream of becoming an actor but I am compelled to direct this movie apart from bankrolling it," he said.

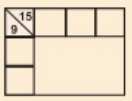
Different genre

Is Srinivasa Raju desperately trying to change his image of being a director of movies heavy on violence? Views expressed by the cast of Kannada movie Krishnam Pranaya Sakhi do suggest that is the case. Krishnam Pranaya Sakhi is scheduled for release on August 15. Golden Star Ganesh, Malavika Nair, and Sharanya Shetty are the lead actors in the movie. Two songs of the movie were screened at MMB Legacy on Sunday.

It is believed that Ganesh was perplexed when Raju approached him to narrate the script. "I was not sure about acting in this movie when the director approached me. I thought the director was trying to make me act in a different genre. I know that he is known for directing the movie Dandupalya. When he mentioned that there will be eight leading ladies in the movie, I thought it belongs to the same genre as the films I do," said Ganesh, adding that this is the biggest-budget movie of his career.

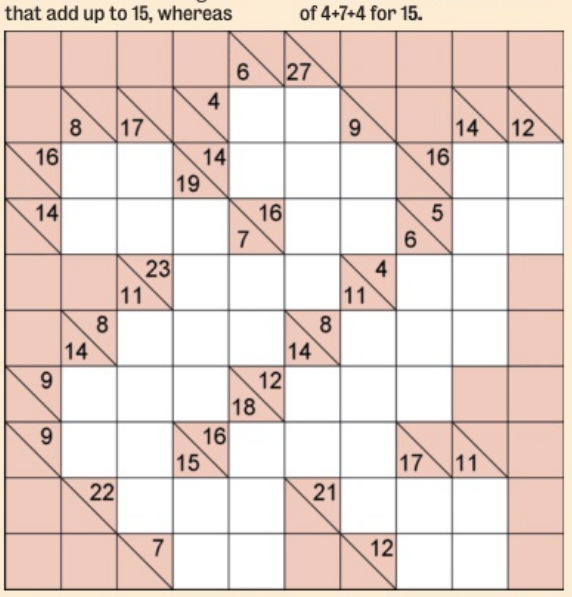
Raju said that he approached Ganesh because the script is tailor-made for him. "One of the songs – Chinnamma – has already become a hit," said the director.

Kakuro

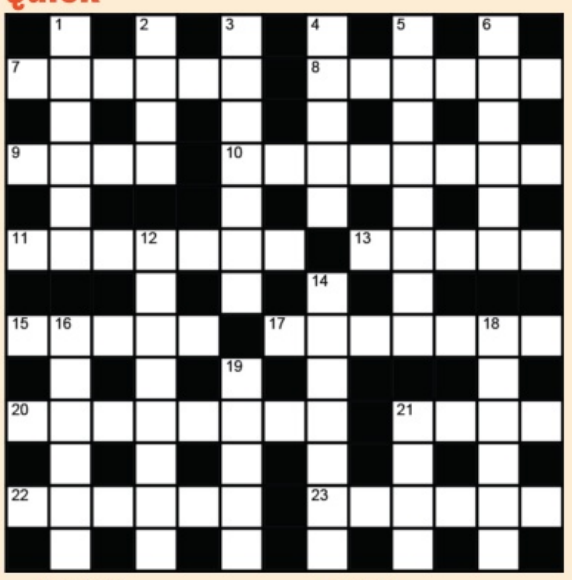


The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Cold symptom? (6)
8 German songs (6)
9 Comic strip synonymous with pimples (4)
10 Ancient horse-drawn vehicles (8)
11 Untwist or unwind? (7)
13 Looks closely at (5)
15 Ten million, in our country? (5)
17 Constantly cheerful or light-hearted (7)
20 Subterranean tomb of early Christian burial (8)
21 Engrossed (4)
22 Woman's hat (6)
23 Pinched or bit (6)

DOWN

1 Citizen of our country (6)
2 Not so much (4)
3 Swordsmanship (7)
4 Show unholy glee? (5)
5 Yorker or inswinger? (8)
6 Wobble, totter (6)
12 Make-up (informal) (3,5)
14 ___ Garden: Boating Park on Nagwara lake (7)
16 Justification (6)
18 Famous Italian city (6)
19 Utterly defeats (5)
21 Tears off (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: U EQUALS G

I HPBSY BH I LDGXY FMIF HYFH YXYGAFMBJU HFGIBUMF.

Linemaro

Are you a tower? Because Eiffel for you

Mindchow

When an egg is broken from the inside, life begins. Good things happen from the inside

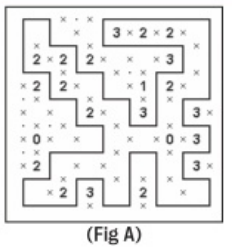
Joke of the day

Why do golfers wear two pairs of pants? In case they get a hole in one.

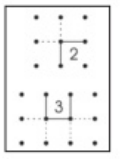
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

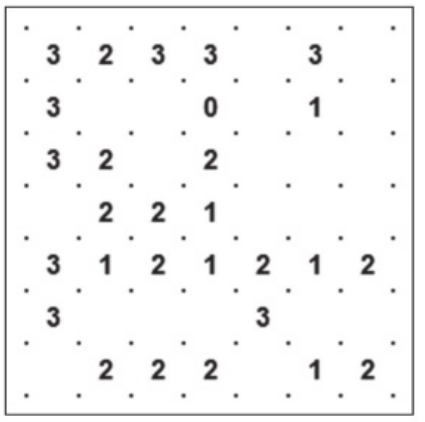


(Fig B) Not Allowed

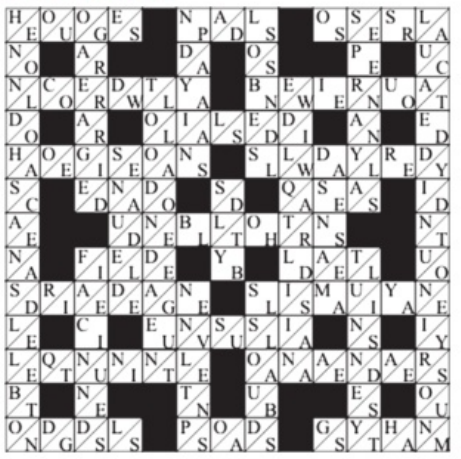
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



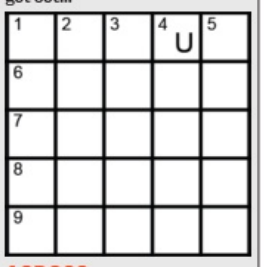
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Ma our; 6 Ric IR;
7 Melia (1-4); 8 Learn;
9 Globe

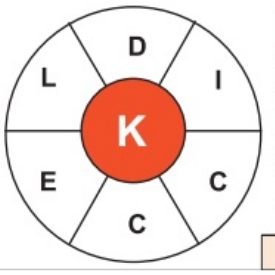
DOWN

1 Brace; 2 I memo;
3 Organ; 4 Ural I;
5 Iller

Mensapuzzle

Below is the face of a clock. Can you draw five lines to divide the clock face Into six sections (they don't have to be straight lines), with each section resulting In the same sum of numbers?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; 06 Good; 08 Outstanding

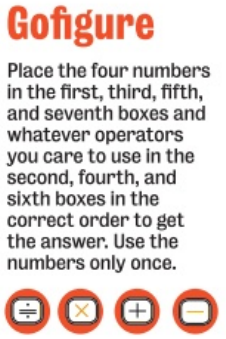
SudokuChallenge

8			3		6			4
	2			4			9	
		1				3		
7			9		2			8
	5		1		4		2	
6			5		8			3
		3				6		
	4			9			8	
1			2		5			7

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.

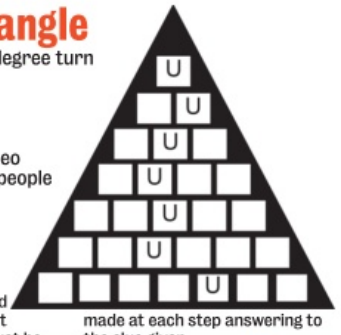
Differences: 1. Glove is larger. 2. Bat is moved. 3. Girl's leg is moved. 4. Mouth is different. 5. Fence is not as wide. 6. Ball is moved.

Riddler

-Use the four basic operations: (+-x ÷) -Use the following numbers maximum once: 1-2-3-7-9-10 -You must reach the target number 753.

Alpha triangle

1 Describing a 180 degree turn
2 Xi preceder
3 Flee
4 Destruction
5 Habituate
6 Sultanate in Borneo
7 Champion of the people

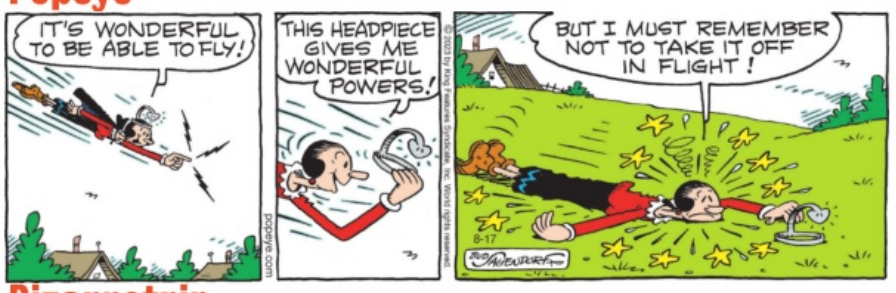


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye

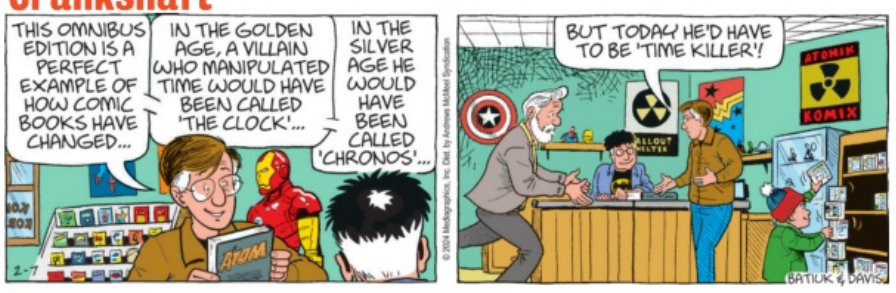


Bizarrotrip

Diamond Lil

Hart of the city

Crankshaft


THIS OMNIBUS EDITION IS A PERFECT EXAMPLE OF HOW COMIC BOOKS HAVE CHANGED...
IN THE GOLDEN AGE, A VILLAIN WHO MANIPULATED TIME WOULD HAVE BEEN CALLED 'THE CLOCK'...
IN THE SILVER AGE HE WOULD HAVE BEEN CALLED 'CHRONOS'...
BUT TODAY HE'D HAVE TO BE 'TIME KILLER'!
ATOMIK KOMIX
BATTLE OF THE PLANETS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may be blessed by the moon. You may get some big orders with the help of overseas contacts. You may face some moments when you feel anxious, but somehow you may be able to control your anxiety. Students are likely to study the subject in depth. Investors are advised to make long-term investments in terms of fruitful gains.

Taurus Apr 21 – May 20
Today, you may be busy at work. You may face some difficulties in completing the tasks; it may make you upset, but somehow, with blessings from elders and gurus, all will be fine. Due to your workload, you may feel mentally tired and not be able to give time to your family, but your siblings are likely to support you in maintaining domestic harmony.

Gemini May 21 – Jun 21
Today, things are under control; the last few days of crunch may be over now. You may feel calm and cool. Your focus on your goals may be good. You may enjoy your work. Your disputes in partnerships may be settled now. Litigation in property-related matters may be likely to be resolved. You may also have some romantic moments with your loved ones.

Cancer Jun 22 – July 23
Today is not a good day for you. You may be impatient and a victim of negative thoughts. Your arrogance may keep you from taking difficult decisions. Your life seems to be stopping somewhere. You may be in need of blessings from your elders, which may likely help you come back from messy situations. You should avoid making investments in dead assets. Lovebirds shall avoid discussing worthless topics.

Leo Jul 24 – Aug 23
Today, you are blessed by the moon. You may likely hear some good news in terms of work and business. You may likely enjoy your domestic life in full swings of joy. You are advised to avoid making arguments about worthless topics. Overexcitement may test your patience. You may make important decisions when making investments in assets. Students are advised to be focused on their studies.

Virgo Aug 24 – Sep 23
Today is good for your professional life; you may perform well in terms of work. Your boss may give you some additional responsibility in terms of promotions. Your rivals and opponents are now under control. You may lend money to build your assets. You may also plan to make some investments for your kids' future.

Libra Sep 24 – Oct 22
Today, you may feel very dull. It may make you lazy and careless; you are likely to be unfocused at work. This impatience may pull you down negatively. Kids and spouse health may also make you upset. You are advised to avoid making investments in assets for some time. Lovebirds should avoid making arguments in family matters.

Scorpio Oct 23 – Nov 22
Today, you may find negative vibrations around you, which may make you unhappy. You are advised to avoid making investments in worthless assets. Your friends are not likely to be supportive today, so you should not expect more from them in terms of help; otherwise, it may make you more upset. You are also advised to follow intuition before making important decisions today.

Sagittarius Nov 23 – Dec 22
Today, you may be able to implement business plans successfully with the support of your subordinates. You may also be involved in some social or family get-togethers, which may boost your network. You may be likely to go on short business-related trips, which may give you benefits in the near future.

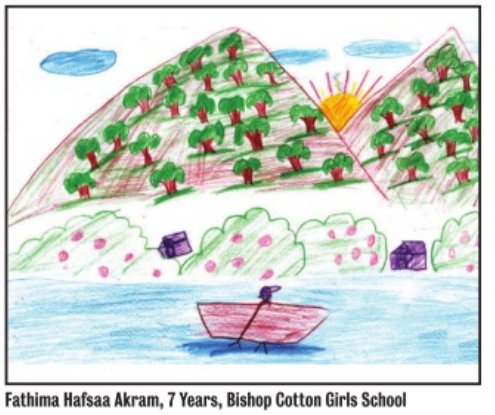
Capricorn Dec 23 – Jan 20
Today is a good day, and your financial health is likely to be good. You may get benefits from your past investments. You may have control over your spending on worthless things, which may boost your savings. Lovebirds are advised to be polite when conversing with their partner; otherwise, there may be some conflicts between them.

Aquarius Jan 21 – Feb 19
Today, you may be busy with issues related to siblings and relatives. You may plan to start some new ventures with the help of your siblings and network. There may be some smart gains after a little effort. You may likely get an order, which may increase your family business. Your network may help you complete your task successfully.

Pisces Feb 20 – Mar 20
Today, you may feel negative. You may also feel dull due to sleeplessness. It may reflect on your way of working. It is advised to postpone making investments in your work; you may be a victim of a conspiracy. You are also advised to keep an eye on your opponents and rivals. Lovebirds are advised to keep their patience to avoid unnecessary arguments.

KIDZONE

Rinku R Seervi, 13 Years, Citizen School, Nanjangudu



Fathima Hafsaa Akram, 7 Years, Bishop Cotton Girls School

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Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER
9x7=63; 10+2=12;
63x12=756; 756-3= 753

BULL'S EYE
click, CLICKED, deck, dike, lick, licked, like, liked

FAST FIVE

A	M	O	U	R
C	I	R	R	I
E	M	A	I	L
R	E	N	A	L
B	O	G	L	E

QUOTE UNCODE
A smile is a curve that sets everything straight.

STRIKE OUT

H	U	G	E	P	A	L	O	S	S	A	N			
O		A		O		P		C						
L	O	R	D	L	Y	B	E	I	R	U	T			
D		A		O	I	L	E	D		A		E		
A	E	G	E	A	N		S	W	A	Y	E	D		
C		E	N	D		A	S	S		S		I		
A		D	E	B	T	O	R	S		S		N		
N		F	E	D		Y	D	A	L			U		
D	R	E	D	G	E	S	I	M	I	A	N			
L		C		U	V	U	L	A		N		I		
E	Q	U	I	N	E		A	N	A	N	A	S		
E		M		A		I		L						
R	E	N	A	L										
B	O	G	L	E										

QUICK

N		T		S		I		S		S				
B	O	N		E	T		N	I	P	P	E	D		
S		I		U		I		L						
C	A	T	A	C	O	M	B		R	A	P	T		
E		P				M						A		
C	R	O	R	E		B	U	O	Y	A	N	T		
A				G		L								
U	N	T	W	I	N	E		P	E	E	R	S		
A				I										
Z	I	T	S		C	H	A	R	I	O	T	S		
D		S		N		O		L		E				
S	N	E	E	Z	E		L	I	E	D	E	R		
I		L		F		G		D		T				

MENSA PUZZLE
This is one way to arrive at an answer where each section adds up to 13. Did you find another?

SOLVE IN 1M
$\sqrt{9}\cdot 3=$
$3^3=27$

SUDOKU

8	9	5	3	2	6	1	7	4
3	2	6	7	4	1	8	9	5
4	7	1	8	5	9	3	6	2
7	3	4	9	6	2	5	1	8
9	5	8	1	3	4	7	2	6
6	1	2	5	7	8	9	4	3
2	8	3	4	1	7	6	5	9
5	4	7	6	9	3	2	8	1
1	6	9	2	8	5	4	3	7

ALPHA TRIANGLE
U, Nu, Run,
Ruin, Inure,
Brunei,
Tribune.

LOOP

GO FIGURE
Easy
6 + 4 - 9 + 6 = 7
Medium
2 x 6 + 8 - 8 = 12
Hard
8 - 6 x 6 + 9 = 21

KAKURO

			6	1		7	8	4
		4	1	3		9	7	2
	8	5	7	9	6	8	2	3
9	7	8	2	5	1	3	9	6
3	1	2	9	7	4	1	6	8
1	2	9	8	6	3	4	5	7
2	9	6	4	8	5	2	1	3
4	3	7	1	2	9	5	3	1
	6	1	3	4		9	8	4

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